



## HILLINGDON PRIMARY SCHOOL

*Learning and Achieving Together*

**Co-Principal:** Ms Sabrina Kelly BEd (Hons)  
**Co-Principal:** Ms Samina Saidiya MEd  
**Vice Principal:** Ms Laura Mitchell BA (Hons)

Uxbridge Road,  
Hillingdon  
Middlesex  
UB10 0PH

E-mail: [hillprimary@hillingdonprimaryschool.org.uk](mailto:hillprimary@hillingdonprimaryschool.org.uk)  
[www.hillingdon.hillingdon.sch.uk](http://www.hillingdon.hillingdon.sch.uk)

Tel: 01895 590087

### **Food Waste Week 12th - 16th October 2026**

Dear Parents and Carers,

Last year, we made a fantastic start to reducing our food waste and we want to build on that success this year.

Next week in school we will be measuring the amount of food waste produced during lunchtimes, with the aim of finding ways to reduce it. We will be talking to the children about the impact that wasting food has on our environment and helping them to understand the value of food and the simple things we can all do to reduce the amount we throw away.

Food waste has a significant impact on our environment. When food is wasted, we are also wasting the water, energy, land and other resources used to grow, produce, package and transport it. Food waste also contributes to greenhouse gas emissions.



As we measure the amount of food waste produced in school and look at ways to reduce it, we would love for you to support us by reducing food waste at home too. Simple ways you can do this include:

- **Plan meals ahead** and only buy what you need.
- **Offer smaller portions** and allow your child to ask for more if they are still hungry.
- **Keep leftovers** and use them for another meal.
- **Freeze food** before it goes out of date.

If you have ingredients that you are not sure what to make with, you can use [supercook.com](http://supercook.com) which allows you to select the ingredients you have and suggests various recipes that you can make using them. Why not encourage your child to cook with you and come up with ideas together for using up food and reducing waste.

If you do need to throw food away, please use a compost or food waste bin wherever possible.

**Working together we hope to take what we need, waste less and care for our planet. Every little bit makes a big difference.**

Kind regards

Anwara Rasul  
Nursery Teacher and Year Lead  
Green Curriculum Lead

Laura Mitchell  
Vice Principal